A LITTLE HELP IN THE KITCHEN

CHEF MARCUS SAMUELSSON PUTS KIDS IN THE MIX. PAGE 19

met

PHILADELPHIA'S #1 DAILY NEWS

Tuesday, November 19, 2013 www.metro.us | t: MetroPhilly | f: MetroPhilly

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HIGHBROW

A new chapter for J.J. Abrams

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OFF THE CHART

Headed on a trip? Rest up!

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LOWBROW

'Shahs of Sunset' are on the rise

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Where in the El?

Prime spot. After Metro's informal poll, stained seats prevent some riders from sitting during their El commute. **A solution.** SEPTA officials said the seats are set to be swapped out with plastic ones. **The single chair.** Riders scramble for a solo ride — or to take a nap. PAGE 02

Don't get used to the upholstered El seats. They will be replaced soon with plastic, easily wipeable seats. / CHARLES MOSTOLLER, METRO

TEMPLE UNIVERSITY

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Which seat is the best on Market-Frankford?

Take a seat. There are 49 to choose from on an El car. But which is the most ideal? We asked riders.

This daily decision may be the most important in any journey on the city's main public transit line: Where to sit?

Each rider has about 49 choices on the Market-Frankford Line. But which one is optimal?

From an informal poll of about 30 transit riders, the favorite may be the most obvious: the single seat — the lone one found to the right of the double doors. But why?

Many called it "easy to sleep in." Others said they would sit there regardless of having a companion.

"Alone," said Michelle, a Center City resident. "I want to sit alone."

Among the responses, about 10 percent of people said they would rather stand.

"I avoid the seats even if there's room," said Taylor, who commutes on the El everyday. The upholstery was a deciding factor.

Two weeks ago, in his monthly "Ask SEPTA" Metro column, SEPTA General Manager Joe Casey said the blue, mixed-polyester seat lining was as good as gone.

Plastic and fiberglass backings similar to what's used on the Broad Street Line cars will be tested at the end of the month.

"If all testing and color is satisfactory, delivery will start on or about Dec. 30," SEPTA spokesperson Manny Smith said.

The new backings would be installed gradually until the entire fleet is outfitted. SEPTA overhauls about 44 train cars per year, in which the car is dissembled and reassembled.

Since the Market-Frankford Line is SEPTA's busiest line — it carries about 192,000 passengers every week with 144 train cars in rotation — the cars and seats are housecleaned every day and detailed twice a month. If the seat backs are soiled, it's changed, Smith said.

Others' tastes are a little less profound.

Jeannette, who doesn't drive, was less particular.

"I want an empty seat," she said. "Next to someone who don't stink!"

TOMMY ROWAN
tommy.rowan@metro.us

Beware

'Phone charger seat'

The "phone charger," a single with a foldable seat, is armed with outlets at the base.

Mostly younger riders like to charge their cell phones and text simultaneously. The outlets are used by cleaners who plug in their equipment when the train is stationary. So it could be dangerous to use while the train is in motion and power fluctuates.

"You never know," Smith said. "It's not like a wall outlet."

The seat / TOMMY ROWAN, METRO

Channeling Johannes Gutenberg

U.S. Park Ranger Matt Ifill works an antique printer by hand at the Franklin Court Print Shop, making copies of Ben Franklin's 1743 Pennsylvania Gazette. / CHARLES MOSTOLLER, METRO

Meatless. PETA names Philly tops for vegetarian sports fans

A foodie city like Philadelphia even caters to its sports fans.

People for the Ethical Treatment of Animals has awarded the city with its first Most Vegetarian-Friendly City for Sports Fans award.

The group announced the honor while also naming Eagles' stadium Lincoln Financial Field the most vegetarian-friendly in the NFL — the fourth time it received the title.

Citizens Bank Park is already at the top of PETA's list of most vegetarian-friendly ballparks in baseball. And the Wells Fargo Center comes in third on PETA's NBA survey.

Vegetarian and vegan options at the Linc include: a vegan steak sandwich, veggie dogs, veggie chicken steak sandwich, veggie tacos and more.

PETA Associate Director Ryan Huling said Lincoln Financial Field's finest meat-free options are as close as the nearest concession stand there. "Any discerning Eagles fan knows that the vegan and vegetarian food at the Linc is in a league of its own." METRO

Shooting

South Street victim ID'd

Sunday's South Street shooting victim, who died of his wounds that night, has been identified as Demetry Presley, 21, of Sicklerville, N.J.

Aaron Howard, aka Lance Smith, 24, of Willingboro, N.J., has been charged with his murder.

A fight started inside Mixed Plate at 216 South Street then spilled into the street when Howard shot into a crowd, hitting Presley. Police had been on the scene. METRO

1 NEWS

Local tweet

"#NickFolean Dynamite"

Jessica Faded, @yestojess, is proud of her quarterback's striking resemblance to a certain movie character.

Top 3

What's trending at Metro.us

1. 'VIDEO: Disgruntled Mayor Rob Ford tackles woman in Toronto City Hall'
2. 'VIDEO: Bryan Cranston stars in "Breaking Bad" alternate ending'
3. 'VIDEO: Insane man smashes brand-new Playstation 4 at Best Buy'

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Dentist, daughter sentenced in $5M med fraud scheme

Falsified. The duo scammed insurance companies and pocketed $1 million, the DA's office said.

Charges

- One count of corrupt organizations, one count of criminal conspiracy, 15 counts of insurance fraud, 12 counts of theft by deception and 10 counts of attempted theft by deception
- Owen Rogal has been sentenced to one to seven years in prison while Kim Rogal has been sentenced to 11-and-a-half to up to 23 months of house arrest, officials said.

A 73-year-old Philadelphia man and his daughter will serve time for a fraudulent medical bill and insurance company scheme that cost almost $5 million, the Philadelphia District Attorney's Office said Monday.

Owen Rogal, a dentist, and his 52-year-old daughter Kim had been found guilty of insurance fraud last May.

A grand jury found the Rogals used The Pain Center at 501 South 12th Street to defraud more than a dozen insurance companies by submitting false billing documents for reimbursement. The investigation looked into practices for the last 10 years. The doctors had been performing radiofrequency surgery, an intramuscular procedure that alleviates chronic pain.

Investigators found each surgery valued at around $800 but the Rogals had routinely sought a reimbursement of at least $4,800 for each treatment. They charged insurance companies by using a different billing code. The grand jury alleged the pair pocketed more than $1 million.

CHRISTINA PACIOLLA
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Art for the whole family in Old City

Mary Tuomanen reads the book "Creepy Carrots!" to a group of children, while dressed as Cinderella, during a community day at the Arden Theater Company's new Hamilton Family Arts Center in Old City. / CHARLES MOSTOLLER, METRO

Toy drive

Tony's Metro Magic

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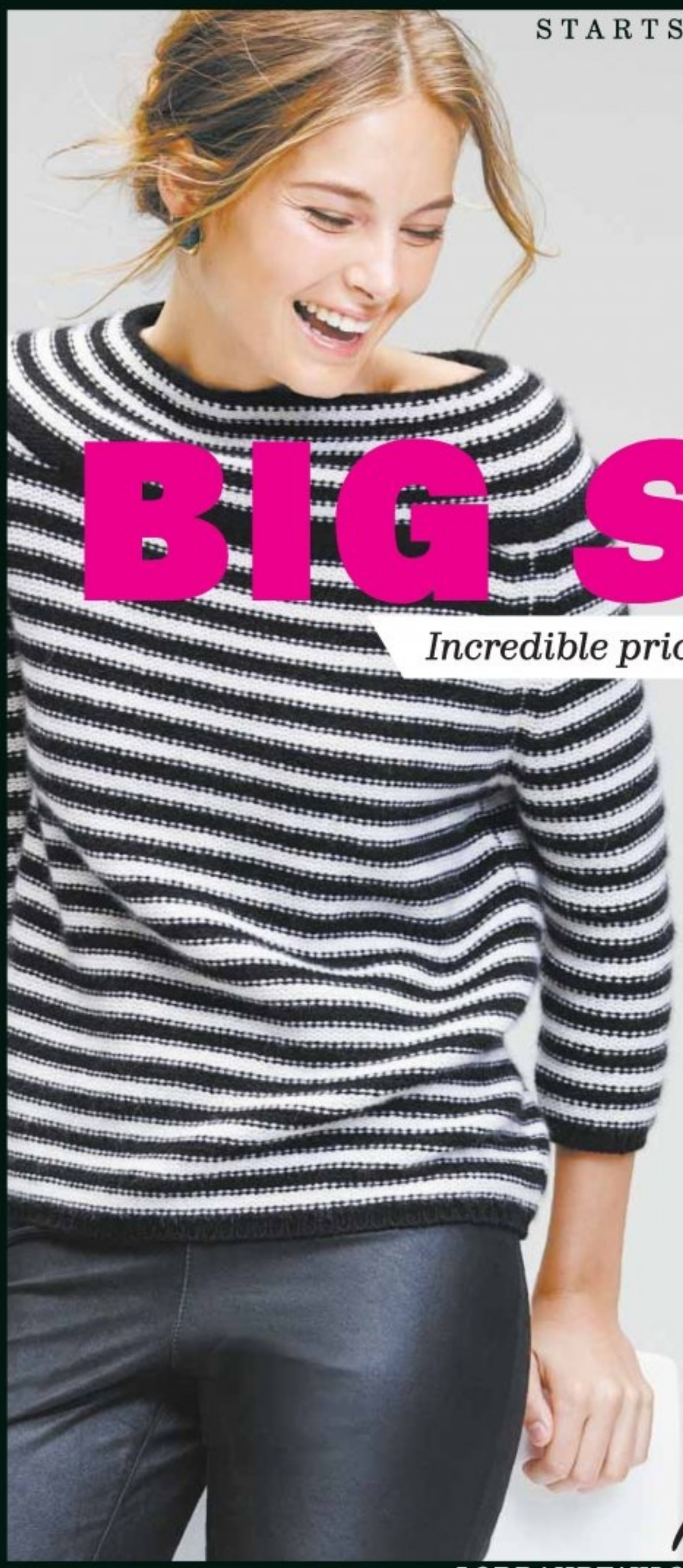

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Repeat. Group cited again for hazardous work conditions

Upper Darby's McGee Plastering & Stucco Inc. has once again been cited by the Department of Labor's Occupational Safety and Health Administration for four safety violations, two of them labeled as willful.

The violations were found during bricklaying operations on new residential homes in Philadelphia, officials said.

The willful violations come with a $77,000 penalty.

The company most recently was cited in September; however, OSHA's investigation began in May. McGee was hit with nearly $90,000 in fines then.

There was also a $1,760 penalty for "serious violations [of] failing to develop and implement a hazard communication program to include worker training, and have material safety data sheets available when working with Portland cement, dolomitic lime and hydrochloric acid."

"Six prior inspections for serious and repeat violations indicate a pattern of disregard for safety and workers' well-being that will not be tolerated," said Domenick Salvatore, director of OSHA's Philadelphia office.

McGee has 15 business days to comply with OSHA. **CHRISTINA PACIOLLA**

Violations

OSHA said the company failed to:

- Provide guardrails and install restraints to prevent a scaffold collapse.
- Provide workers with safe access to working levels of a scaffold.

Art inspired by science and nature

Art students look at tables, inspired by the work of Marc Newson, and designed by students at area colleges and universities, as part of the "Table It" competition awards ceremony at the Perelman Building at the Philadelphia Museum of Art. The exhibition "Marc Newson: At Home" will be on view there from Nov. 23 to April 20. / CHARLES MOSTOLLER, METRO

West Philly

Overbrook brawl leads to nine arrests

Nine Overbrook High School students were arrested and charged Monday morning with disorderly conduct after a large fight broke out in two separate locations on the school's West Philadelphia campus, police said.

School district spokesman Fernando Gallard said the fight started in a third-floor hallway around 10 a.m. An administrative staff member suffered a leg injury, but no other serious injuries were reported.

The students, he added, will face disciplinary actions from the school district.

"We first suspend students and then we'll review to see what occurred to be able to follow up with further steps," he said. **TOMMY ROWAN**

hey Toronto mayor, looks like you have two crack problems.

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NCR-AO-10/13

Supreme Court

Justices won't review intelligence court action on phone records

The U.S. Supreme Court said on Monday it would not review a ruling by the secretive intelligence court that gave the government access to records kept by Verizon Communications Inc on millions of telephone calls.

The long-shot case was brought to the high court by the Electronic Privacy Information Center, a public interest research organization. It was the first time the high-profile issue has come before the justices since former National Security Agency contractor Edward Snowden began in June to leak secret documents detailing American surveillance programs. REUTERS

Rev. Schaefer

Church trial starts for Pa. pastor who held same-sex wedding

The church trial of a Methodist pastor accused of violating the denomination's teachings by officiating at a same-sex marriage began on Monday in rural Pennsylvania, where scores of his backers gathered to show their support.

The trial for Rev. Frank Schaefer, who in 2007 officiated at the wedding of his son Tim and another man, kicked off with opening statements by a prosecutor and the defense before a presiding officer.

Thirteen pastors constitute the jury at the trial, which was expected to last two days at a church camp near Spring City, Pa. REUTERS

Survivors of tornado sift through wreckage

Buildings that were leveled along Washington Road are shown in the aftermath of a tornado on Monday in Washington, Ill. / GETTY IMAGES

Safe havens.
Survivors of the storm said they rode it out in their basements.

Some residents of Washington, Ill., picked through the remains of their tornado-flattened homes on Monday, recovering what they could a day after a series of twisters pounded the Midwest, killing eight people.

Bits of American flags and insulation from destroyed houses clung to trees that had been stripped of most of their branches and remaining leaves by the Washington twister. Six people died in Illinois in storm-related accidents, and Michigan officials on Monday reported two new deaths.

Police were keeping residents from returning to the storm-hit area, where buildings were destroyed and cars turned upside down, out of concern that people could be injured while attempting to retrieve possessions.

Ryan Bowers, 33, and his wife Andrea, 32, briefly returned to retrieve a family Bible and pink baby rattle that was their 2-1/2-year-old daughter Sydney's favorite toy. REUTERS

Winds

200

Spawned by a fast-moving storm system, the tornado had winds of up to 200 miles per hour.

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7-Day Alaska Fr. $599* PP — Ocean View $699* Suite $1679*

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Sites. Google, Microsoft block online searches for child pornography

Web search giants Google and Microsoft said on Monday they will block online searches for child abuse images.

The world's two largest search engine operators, in a rare display of unity, said as many as 100,000 search terms will now fail to produce results and trigger warnings that child abuse imagery is illegal.

The child porn crackdown announced during an Internet safety summit in London came after Prime Minister David Cameron in July urged Internet firms to do more to stop access to illegal images in the wake of two high-profile child sex murders in Britain.

Cameron said Britain's newly-established National Crime Agency is joining forces with the United States' FBI in a task force to track down these pedophiles and arrest them.

He described the progress to block illegal content as "significant" but said more needed to be done to track down pedophiles using the so-called "dark Web" of encrypted networks that lets people anonymously share images of child abuse. REUTERS

Quoted

"We were told that cleaning up searches couldn't be done and shouldn't be done. We're now being told by the industry that it can be done and will be done."

Cameron
said in a statement after the summit at his Downing Street offices.

The Microsoft name is displayed on a sign outside a building on the company's campus in Redmond, Wash. / GETTY IMAGES

Senior official says health care site improving

HealthCare.gov. The administration's enrollment website is working better, the info chief says.

Round-the-clock efforts to improve the troubled federal website HealthCare.gov have increased performance across the site, a senior administration official said.

Henry Chao, the deputy chief information officer at the Centers for Medicare and Medicaid Services, said in written testimony to a House of Representatives committee that the administration is preparing to expand the functionality of the site's consumer shopping subsidy estimation tool.

The testimony was posted on Monday to the website of a House Energy and Commerce subcommittee that is scheduled to receive testimony from Chao at a hearing today. REUTERS

Henry Chao / GETTY IMAGES

Young and healthy

Rollout-rescue model seen in Mitt Romney's Massachusetts

If enrollment in the online marketplaces repeats the pattern set in the Massachusetts exchange that was the model for Obamacare, the young people vital to the plan's financial stability are paying little attention to the federal website's mishaps as they wait for the March 31 deadline to sign up.

When Massachusetts started its health-insurance exchange in 2007, younger and healthier people were the most likely to procrastinate until the final weeks to obtain coverage. By November of that year, the last month to sign up to avoid a penalty, the portion of enrollees age 35 or younger had more than doubled to 36 percent from February, one analysis showed. BLOOMBERG

Age

35

Enrolling those under 35 has been the focus of the Obama administration's strategy on the online exchanges all year long. Buy-in from the young is essential to establishing a sound actuarial pool.

Knockoffs

US appeals court revives Apple bid for Samsung injunction

A U.S. appeals court on Monday breathed new life into Apple's long-running attempt to secure an injunction banning the sale of some devices made by Samsung Electronics Co. Ltd., ordering a California judge to reconsider imposing a permanent sales ban on some Samsung products.

Apple has been incensed by what it considers Android knockoffs of its devices, many made by Samsung. The two companies have been in a long-running and global battle over patent infringement.

The U.S. Court of Appeals for the Federal Circuit said on Monday that the lower court abused its discretion in denying Apple's request for an injunction of Samsung devices with respect to utility patents and asked it to reconsider. REUTERS

Awarded

$1B

Last year, Apple was awarded more than $1 billion after it convinced a jury that Samsung copied various iPhone features.

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Metro exclusive

DOUGLAS COUPLAND

Douglas Coupland is a Canadian writer, artist and designer. His first novel was 1991's "Generation X: Tales for an Accelerated Culture." His novella, "Temp," of which this is the 11th installment, will be running online and in the pages of your daily Metro each weekday through Nov. 29.

Day 12: Temp witnesses the class divide firsthand

Had there not been stab wou nds and vomit everywhere, the hospital lineup could have been fun in a tailgate party kind of way. Our surprise neighbor was Darren, the vet I'd given 20 bucks to after lunch. He was holding a T-shirt up to a wound on his forearm.

"What happened?"

"I got into a fight with a raccoon over half a bucket of KFC I found beside the check-cashing mart."

"Who won?"

"He did."

"Here, have a stick of gum." I am nothing if not fresh.

Danimal was being a downer. "How hard can it be to get some painkillers?"

"Dan, there are many people here in far worse shape than you. Keep it down."

Darren advised, "If you're looking to score painkillers, man, don't overplay it."

"But I'm in genuine pain."

"Sure, sure. Half the people in this lineup are here just to score some Oxy, but if you overdo it, they'll just tell you to scram."

Dan is practical. "What do I need to know?"

"Tell them your pain is about 8 on a scale of 1 to 10. It hurts, but you've felt worse. And don't scream or make moaning sounds. It irritates them and they're relieved when they don't have to watch someone aiming for an Oscar."

"Good to know."

"And now we stand and wait."

And wait we did. About two hours in Dan asked, "Shannon, have you been here before?"

"No. But I did break my arm roller-blading in Boston four years ago — go Red Sox! Cost me $19,000, and I'll be in debt until I'm 40. It's why I can't do what I really want to do in life. But I do have a Saint Eustace loyalty card you can borrow if you want."

"Was the emergency area as crowded as this four years ago?"

"Worse. There was a full moon that night."

Finally, it was our turn. Once we hit the front, Dan took a step and something inside him went sideways — he bellowed like a pirate, scaring even me.

"Sir!" said the intake nurse, "This is a hospital. I'll politely ask you to lower your voice."

"My stomach — God, it's like a tractor's driving over it."

"You're in a great deal of pain, are you?"

"Yes. Some idiot slugged me in the sternum."

"Where did this happen?"

"In a bar."

It didn't take a genius to see Dan was making a bad impression.

"How would you describe your pain, sir?"

"About 8 on a scale of 1 to 10."

The nurse buzzed a security guard. "You're the 10th person tonight to describe your pain that exact same way. I'm afraid I can't help you in your quest for pills, sir. Next!"

Out on the street, Darren commiserated. "Sorry dude. Take two of mine."

Dan grabbed them and chewed them like Mentos. Then he collapsed.

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How to put your courses to work in the real world

Sure, you have to take tests and write papers like any other student, but there are ways to make your classwork transfer to the working world, too. / GETTY IMAGES, WAVEBREAK MEDIA

IRL. Transferable skills can put every cent of your tuition to work, so why not stock up now?

As a student, you've probably considered how the content of your courses will help you once you start working after graduation. In many cases, though, the skills you gain through your coursework can be even more important than the knowledge you gain. Follow these tips:

Choose electives strategically: If you're not sure what field of study you want to pursue, research methods courses allow you to develop skills that can be applied in a variety of fields. Experience with research sets students apart from other job applicants. If you're not sure what to take as an elective, it might be worth considering an introductory statistics course. These courses are rich in transferable skills: Data analysis is highly valued in nearly any career.

Find out which section will help you develop the most: Consider which transferable skills different sections of the same course can offer. Check out the syllabus or contact the professors to find out the knowledge and skills you can develop in their section. Consider how the methods of study — lectures versus discussion, for example — jibe with your learning style.

Giving back

Community service

Getting out into the world as a part of a class can be hugely beneficial to your academic career — and your résumé. Courses with a service-learning component let you gain professional skills with hands-on learning.

Consider inquiry-based learning: Courses that offer inquiry-based learning allow students to gain research and problem-solving skills. Students of inquiry-based learning classes also hone their skills in front of the class, where students present their findings not only in traditional essays, but also through presentations and diagrams. Knowing how to put together a cohesive, engaging presentation is a highly marketable skill across myriad fields.

Try an independent study: If you're interested in expanding your knowledge in a particular area, students' passions can become fruitful independent study projects. These courses give you the chance to undertake larger research projects that align with your interests. These skills and opportunities for specialization will help as you apply to grad school or interview for jobs. Plus, your passion for the subject will help you shine in an interview.

ELIZABETH BAISLEY

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FIVE WAYS TO START SAVING FOR NEXT YEAR'S VACATION

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JON STEIN

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Jon Stein is the founder and CEO of Betterment.

This is a great time to start planning ahead for what you want to do in 2014, especially if you anticipate a year-end bonus or holiday money to tuck away into a savings account. The key to success is that it's not just what you save but how you save. Here are five ways to optimize your saving habits and make that dream vacation a reality.

By following a few simple money rules, you'll be able to enjoy your vacation without the stress of worrying about how much it cost to get you there. / GETTY IMAGES, WAVEBREAK MEDIA

Tip No. 1

Strategize

Think ahead to when you will get the most out of a big trip — over the holidays or during summer vacation — and when you are most likely to start saving toward that goal. It may be after receiving a bonus, holiday cash or during tax-refund season. Plan your timeline accordingly.

2 Embrace risk: There's such a thing as considered risk. If your travel date is a couple of years away, consider depositing your funds into an investment account rather than a savings account. It's possible to grow your money while taking an acceptable amount of risk.

3 Be specific: Traditional budgets don't work because they focus on self-denial. Rather than setting restrictive limits on yourself like "spend less on restaurants," try to visualize yourself on the beach or in the mountains on vacation. Research shows the more you see yourself achieving the goal, the more likely you are to get there.

4 Make saving automatic: Automating deposits into your savings or investment fund keeps you on track. It's easy to make good decisions, like vowing to save up for family time in Paris, when you're rational. It's harder to achieve these things when it comes to resisting short-term temptations or juggling expenses. Automating your deposits helps you stick to the plan no matter what happens.

5 Think buckets: It's a good idea to keep your vacation account separate from other savings or investments. By creating a "vacation bucket" you can help avoid poor mental accounting. Separating your vacation "bucket" enumerates what you're working toward, instead of having a slush fund that may be raided for other expenses that come up along the way. Don't waste your time trying to will yourself into good savings habits — try these steps instead. You've got a vacation to plan!

Money matters.
Survive the holidays without going broke

It may be the most wonderful time of the year, but it's also the most expensive. With a few tips, you can still get everyone on your list something special. Brad Hines, productivity consultant and founder of HungryKids.org, shares his tips.

Shop with a list and budget in mind. Retailers are well aware of their ability to create a holiday shopping frenzy. By knowing exactly what you are going to buy in advance, you avoid being sucked into buying more than you budgeted for.

Set expectations. Setting a limit of the number of gifts each family member receives not only helps save, but also is a reminder of what the season is all about.

Give experiences. Sign up for sites like Groupon, Livingsocial and other daily deal sites not just in your city, but in cities where your loved ones live. Giving someone tango lessons or another experience is something they'll really love, and you'll be saving money by getting it at a steeply discounted rate.

The key to having a successful shopping trip is starting the day knowing your budget and what you plan on buying. / GETTY IMAGES

Bonus tip

"Giving charity in someone's name is a thoughtful gift and tax-deductible."

Brad Hines, productivity consultant

Look for discounts. Before you head out to shop, Google the item you plan on buying and "coupon." Many times there is a discount code or printable coupon that can save you 15 to 20 percent.

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EQUAL HOUSING LENDER

2

CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Garry Shandling has terrible news, Patton Oswalt is remembering and Neil Patrick Harris doesn't like his chances.

@GarryShandling
Kennedy was shot!!

@pattonoswalt: This Friday is the 50th anniversary of the deaths of JFK, Aldous Huxley & C.S. Lewis, all of whom died inside an 8 hour span of time.

@ActuallyNPH: Just heard I'm in last place in the People's Choice Awards, behind Michael Chiklis on The Shield.

Which Taylor Swift ex is driven crazy by her songs?

It's pretty common knowledge that Taylor Swift's syrupy love songs and scorching breakup anthems are about her real, and often famous, boyfriends — such common knowledge, in fact, that playing "guess the ex" for each new Swift single is a beloved pastime for all upstanding Americans. But what do the exes in question think about having their romances immortalized in song? At least one is cool with it and at least one is, well, not.

"I heard from the guy that most of 'Red' is about," Taylor Swift told New York Magazine. "He was like, 'I just listened to the album, and that was a really bittersweet experience for me. It was like going through a photo album.' That was nice. Nicer than, like, the ranting, crazy emails I got from this one dude. It's a lot more mature way of looking at a love that was wonderful until it was terrible, and both people got hurt from it — but one of those people happened to be a songwriter."

And it's time to play our favorite game! Who's the mature ex and who's the crazy ex? Jake Gyllenhaal seems like he'd be a grown-up about things, and much of Swift's album "Red" is rumored to be about him. As for the mad emailer, I'd say that sounds like John Mayer's style, but in that case, both parties would be songwriters, not just one. Unless "one of those people happened to be a songwriter" is a subtle dig at Mayer's musical chops? Man, I love this game! MELINDA TAUB

Quvenzhane Wallis as little orphan Annie

Oh, hey! It's our favorite orphan, Quvenzhane Wallis, on the set of the remake of "Annie" on Saturday. Wallis' co-stars, Cameron Diaz and Jamie Foxx, have also been spotted filming the musical in Harlem this month.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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Cannon impostor steals jewelry

An unidentified man has made off with stolen jewels just by dropping Cannon's name. / ALL PHOTOS GETTY IMAGES

To be a jewel thief, I figured you had to do some "Ocean's Eleven"-type caper. But no. You only need to pretend you are with Nick Cannon. Say what?

An unidentified man has reportedly made off with thousands of dollars in stolen jewels just by dropping Cannon's name, according to TMZ. The thief, who called himself "Michael," called retailer Fred Segal claiming that Cannon needed jewels for his wife, Mariah Carey, and asked that they be delivered to the Roosevelt Hotel in Hollywood. A woman from the store obliged, handing the bounty off to a man who appeared to be a security guard who said he would return with cash for the jewels. Because we're all smarter than that sales clerk, we know how this ends — "Michael" never returned.

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J.J. Abrams: Director and producer is now a novelist

Storytelling. Abrams and novelist Doug Dorst reinvent the hardback.

J.J. Abrams came up with the idea for his new novel after finding a left-behind paperback at LAX. / LITTLE BROWN AND COMPANY

When J.J. Abrams conceived the idea for "S." he knew there was only one way to tell the story — and it wasn't onscreen. There would be no special effects or big-name actors. Abrams felt that the only medium that would work was a good old-fashioned book.

"It all started in LAX when J.J. found a paperback book," co-author Doug Dorst tells Metro. "Someone had written a note to whoever was going to find it." The note got the gears in Abrams' brain turning, and he came up with the idea of telling a story within a story.

"S." is not your typical book. The pages look old and worn, with scribbles all over the margins. There are inserts of photos, postcards and letters tucked into the pages. It's presented as a novel called "Ship of Theseus" written by V.M. Straka. But the notes and inserts tell another story, between a female college senior and a male graduate student who pass the book back and forth, leaving notes to each other.

Since writing a novel is a bit different from writing a script and Abrams was, you know, busy, he enlisted the help of acclaimed writer Dorst. Though Abrams is familiar with screenwriting, where everything is mapped out beforehand, he adapted to the novel-writing process, letting the story unfold as it was being written.

So, are Abrams and Dorst hoping their book will inspire people to go back to buying hardbacks? "I just want people to read!" Dorst laments. "I don't think one form has to win out over the other."

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ANDREW ECCLES, BRAVO

ASA SOLTAN RAHMATI

The "Shahs of Sunset" star tries to stay above all the drama — but it isn't always easy.

'SPIRITUAL GANGSTER'

Asa Soltan Rahmati is a busy woman. Her reality show "Shahs of Sunset" — which airs Tuesdays at 10 p.m. on Bravo — just returned for a third season, but filming isn't the only thing the self-proclaimed "Persian Princess" has been up to. Since we last saw her, Rahmati has launched a boutique alkaline water company, Diamond Water, and created a collection of artwork. Sure, Rahmati has her fair share of haters (including some of the fellow "Shahs" she calls friends) but, if you ask her, that doesn't stop her from getting what she wants.

Have the other "Shahs" been supportive of your new ventures?
No, there was definitely some hater-ation, and some naysayers talking s—. But you know what? I'm a survivor and everything I have, I have worked hard for.

Where do you find inspiration for your art?
Art has always been a vehicle of therapy for myself. I'm able to process the pain I went through living as a refugee in an immigrant ghetto in Germany. A lot of my work has to do with identity and living between cultures. Whether it's with my music or with my visual art, there always seems to be some sort of Eastern/Western gangster flair to it. It's always been art, life and love, all melted together for me.

You're a self-proclaimed "Persian Pop Priestess." What's that about?
I learned at a young age that we have so much that makes us who we are. The main things are love and humanity. I kind of became a spiritual gangster really early on. Love by all means necessary. Not in that weird hippie way, but in a true, primal way.

You and GG made up in the first episode. Was her apology sincere?
I think that last season was really hard for her. I think that she learned consequences. People don't think she has changed, but she and I are in a really good place and I see her like a little sister.

The rift between Lilly and MJ seems to be messing with the group's dynamic.
MJ is my girl. In our culture, depending on how tight you are, it's not OK to invite someone to a party and then just not allow them to come. Lilly always feels the need to point out that she has class. The right thing to do would have been to let her come.

Homecoming

What's one moment this season that meant a lot to you?
[My art project] was a personal piece for me and propelled me to organize a family reunion in Turkey with my family that's still in Iran. I haven't been able to see them for 30 years because of my refugee status and not being allowed to go back.

ALEX KHATCHADOURIAN
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TV watch list

REALITY

'Snooki & JWoww'

This humdrum spinoff chronicles what happens after "Jersey Shore." Spoiler: It's not a whole lot. Tonight, Snooki shops for a wedding dress. We're not sure that Frederick's of Hollywood sells bridal wear. **10 P.M., MTV**

This wedding is sure to be a classy affair. / MTV

REALITY

'Shahs of Sunset'

Tonight, MJ stirs up drama (and probably earns herself an ass-kicking) when she blabs one of GG's secrets to the rest of the gang. GG weighs about 12 pounds soaking wet, but she is terrifying. Turn to page 16 to read an interview with "Shahs" cast member and self-proclaimed "Persian Pop Priestess" Asa. (Yeah, we don't really get what that means either.) **10 P.M., BRAVO**

REALITY

'Abby's Ultimate Dance Competition'

Speaking of scary, Abby is the type of lady ("lady," here, being a euphemism for real live Gorgon's Head) that will haunt your dreams — not in a good way. Sending your kid to Abby's class has got to be some special form of child abuse. In the season finale, Abby picks the winning dancer (and crushes the dreams/hopes/souls of other young children in the process). **SEASON FINALE, 9 P.M., LIFE ALEXANDRA CAVALLO**

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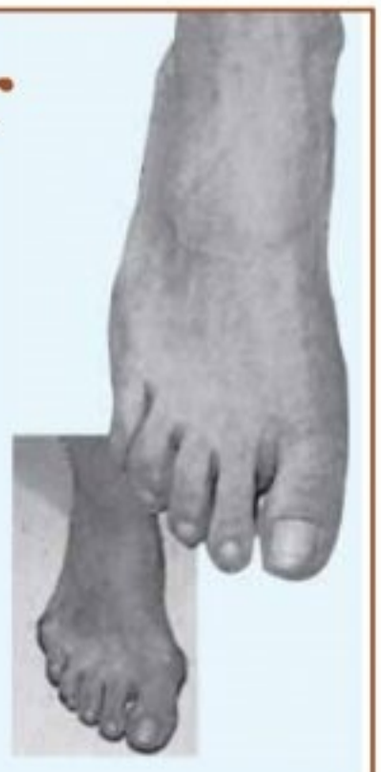

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Foolproof and spill-proof

Cheers without tears: Transporting wine or other fragile items is foolproof with the **VinniBag**. This reusable bag has inflatable air chambers that protect and insulate, and it's engineered for altitude and temperature dips. It's also transparent, allowing for easy TSA inspection, and folds flat when empty. **$30, www.flight001.com**

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Charger to the rescue!

Avoid losing battery power with the **Datexx PowerNow USB Rechargeable Battery Charger.** No matter where you are, this energy store holds juice for up to a year and is a useful addition for emergencies. It works in flight and during blackouts, too. **$23.18, www.wayfair.com**

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It's not the sexiest aspect of travel, but due to hours spent sitting, the change in time zones and not getting enough liquids, travelers are prone to constipation. Add holiday stuffing and missing one's own bathroom, and your trip is easily ruined. **Good To Go** is a four-day preventative regime containing bulking fiber, prune and apricot extracts, aloe vera, magnesium and senna to help you, you know, get going. Use it at the start of a trip to avoid intestinal blockage. While it's formulated for most people to tolerate, check with your doctor before taking it. **$12.99, www.begoodtogo.com**

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Ways to cook with your kids this fall

Family time. Chef Marcus Samuelsson shares his tips on getting the whole family involved in the kitchen.

Chef Marcus Samuelsson — owner of Red Rooster Harlem, Ginny's Supper Club and Uptown Brasserie — has been cooking with kids quite a bit lately. The chef teamed up with Uncle Ben's to support Ben's Beginners Cooking Contest, giving families opportunities to win cash prizes. Here, he shares his tips on how to get your children involved with cooking — stress-free!

Samuelsson is teaming up with Uncle Ben's to get more kids in the kitchen. / COURTESY OF UNCLE BEN'S

1 Start early. Getting kids familiar with preparing food and ingredients is the first step to helping them understand nutrition and to think about what they're eating.

2 Get those hands dirty. Cooking isn't about standing on the sidelines. Try cooking dishes that your kids are already familiar with that also have room for a little creativity, such as tacos. It offers the opportunity to explore different flavors and textures.

3 Let your kids take ownership. For younger kids, let them be in charge of getting the ingredients out of the refrigerator. If they're older, maybe they can prepare a whole dish by themselves. Your child will take pride in what he or she accomplishes.

4 Make it a family affair. My earliest memories include spending time with my grandmother in the kitchen. I encourage all families to cook together. What's made is so much more than a great meal.

EMILY LAURENCE
emily.laurence@metro.us

We want your photos!

@La3ChaCha: "Mommy's lil' helper washing dishes."

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Have a kid-friendly Thanksgiving

A few extra touches shows kids Thanksgiving is a meaningful meal.
THINKSTOCK

Hosting help. Celebrity caterer Andrea Correale shares her tips for making the kids' table the place to be.

For everyone who just shows up at mealtime ready to chow down, Thanksgiving is a relaxing Thursday off from work. But for those of us whose job it is to prepare the food and entertain, it can be pretty stressful. Metro spoke with Andrea Correale, celebrity caterer and Lenox Home Entertaining expert, for her tips.

1 Make the table feel special. I like to make gingerbread turkeys with each child's name, but using name cards is great, too. Another way to make the table fun is to use paper as the tablecloth so kids can draw on it.

2 Give traditional Thanksgiving food a kiddie spin. Mini turkey pot pies, corn dog lollipops and sweet potato fries are all festive foods that kids love. And, the great news is that all of this can be made in advance and heated up later.

3 Do as much as you can ahead of time. Make everything you can the day before and don't underestimate the power of asking for help — you'd be surprised at how much people would love to bring a dish!

After dinner delight

Three words: Hot chocolate bar

When the adults are having coffee, make the kids feel part of it by setting up a hot chocolate bar with different toppings, like salted caramel crumbles, flavored whipped cream and marshmallows.

Celebrity caterer and party planner Andrea Correale.
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EMILY LAURENCE
emily.laurence@metro.us

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Horoscope

♏ Scorpio | Oct. 23-Nov. 21. Opportunity knocks, and the chance to put your skills to work will result in rewards.

♐ Sagittarius | Nov. 22-Dec. 21. Look at what's happening around you, but think twice before you leap into action. Stick close to home and focus on personal options, not changing others.

♑ Capricorn | Dec. 22-Jan 20. Don't feel obligated to pay for others' mistakes. Put more into your own work and take care of financial interests that will improve your position.

♒ Aquarius | Jan. 21-Feb 18. Listen, but don't agree to do what everyone else wants. Make a required decision based on your emotional needs.

♓ Pisces | Feb. 19-March 20. You may face emotional interference if you share too many of your ideas and intentions with others. Be discreet.

♈ Aries | March 21-April 20. You may feel the need to address issues that are bothering you, but be prepared to deal with disapproval. Someone will meddle in your affairs.

♉ Taurus | April 21-May 21. Do your research and base any decision on facts and figures. Someone with a vested interest is likely to use emotional blackmail.

♊ Gemini | May 22-June 20. A challenge is best left alone. Minor mishaps or injury will occur if you aren't cautious. Realize your potential.

♋ Cancer | June 21-July 22. Leap into action. There is much you can accomplish if you put your mind to it. Getting involved in activities that promote your skills will lead to an unusual proposal.

♌ Leo | July 23-Aug. 22. Explore areas of interest. Don't feel you have to take care of someone else's concerns. Let your desires dictate what you do.

♍ Virgo | Aug. 23-Sept. 22. Follow through with your plans, even if someone throws an emotional wrench into the mix. Refuse to let anyone interfere with your happiness.

♎ Libra | Sept. 23-Oct. 22. Check out different cultures and philosophies. You will get peace of mind knowing you are on the right track.

BERNICE BEDE OSOL

Sudoku: Easy and hard

5	3		8	7	1			2
4		6	3				7	
	5		6					
3	8	4				6	9	5
					4		3	
	7				2	9		8
8			4	6	3		1	7

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8	1					5		
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6	4		9					
		2	1	8				9
		7					5	6
1			5		7		2	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Poor taste in turn of phrase

Re: 'Pretty actors going dirty' (Metro, Nov. 18) In regards to Mr. Matt Prigge's review, I concur "poverty porn" is an awful term. This term establishes poverty as a joke that only "other" people are hindered by.

LURITHEN R. FRASER, VIA EMAIL

A weighty issue

Re: 'Healthy weight isn't the same as good health' (Metro, Nov. 18) I agree with letter writer Ann Sandhorst that employees who are overweight should not be penalized. There are overweight people who are very healthy and have longevity. However, I disagree regarding penalizing people based on the number of health problems they have. It's hard enough for someone who is sick to recover or for someone with health problems to cope with them. Do we want employers to tell people, "We're sorry you have health problems but we're going to have to penalize you. The healthy, able people don't want to share your burden so you're on your own now."

TIM RIKER, VIA EMAIL

Give more time for teaching

Maybe education reform in this country is the right move at the right time, but with the wrong thrust. I wonder what would happen if we took the tasks of creating, administering and correcting of tests and gave those responsibilities to the administrators? That would leave more time for the teachers to ... teach! And the administrators would have something that they would be accountable for!

CHRIS LOCOVARE, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

Across

1 — Hari
5 Open meadow
8 Giraffe feature
12 Go-between
14 Five, to Pierre
15 Make a salary
16 Pope's council
17 Matty or Felipe
18 Hairy twin
19 Last-ditch gridiron pass (2 wds.)
21 Passionate
23 Fitting
24 Mexican Mrs.
25 Billy — Williams
26 Stump
30 Long shoals
32 Blazing
33 Brown birds
37 Hindu princess
38 Boston skater
39 Mr. Montand
40 Wet
42 Boxer's ploy
43 Speeds along
44 — apart
45 Greedy sort
48 Cries of pain
49 Aurora, to Plato
50 Maria Conchita —
52 Fell apart (2 wds.)
57 Stamp backing
58 Cello kin
60 Inventor — Howe
61 Verdi opera
62 Annexes
63 Change colors
64 Very, informally
65 Ump's cousin
66 Tarot reader

Down

1 — 1 (speed of sound)
2 Water, in Tijuana
3 Garr of "Mr. Mom"
4 Indigo plant
5 Floating flower
6 "Achtung Baby" producer
7 February person, maybe
8 Have to have
9 Inched forward
10 Wrecking-ball swinger
11 Rockne of Notre Dame
13 Stuffed corn husk
14 Dessert trolley
20 Tarzan's nanny
22 Ship deserters
24 New growth
26 Celtic poet
27 Out of range
28 Foreign film ender
29 Curl up
30 Cold-shoulders
31 More bashful
33 Prunes back
34 Like Mr. Hyde
35 Break up
36 Old Concorde fleet
38 Be forgotten (2 wds.)
41 Where tigers pace
42 Nurture
44 Took the title
45 Comic-strip Viking
46 Stan's partner
47 Red-waxed cheese
49 Congers
51 "Hud" star
52 Dog ancestor
53 Stein fillers
54 Broad
55 Funny Martha —
56 Belgian river
59 Dot in the Seine

Yesterday's answer

S	P	E	N	D		C	O	B	B		Z	O	N	E
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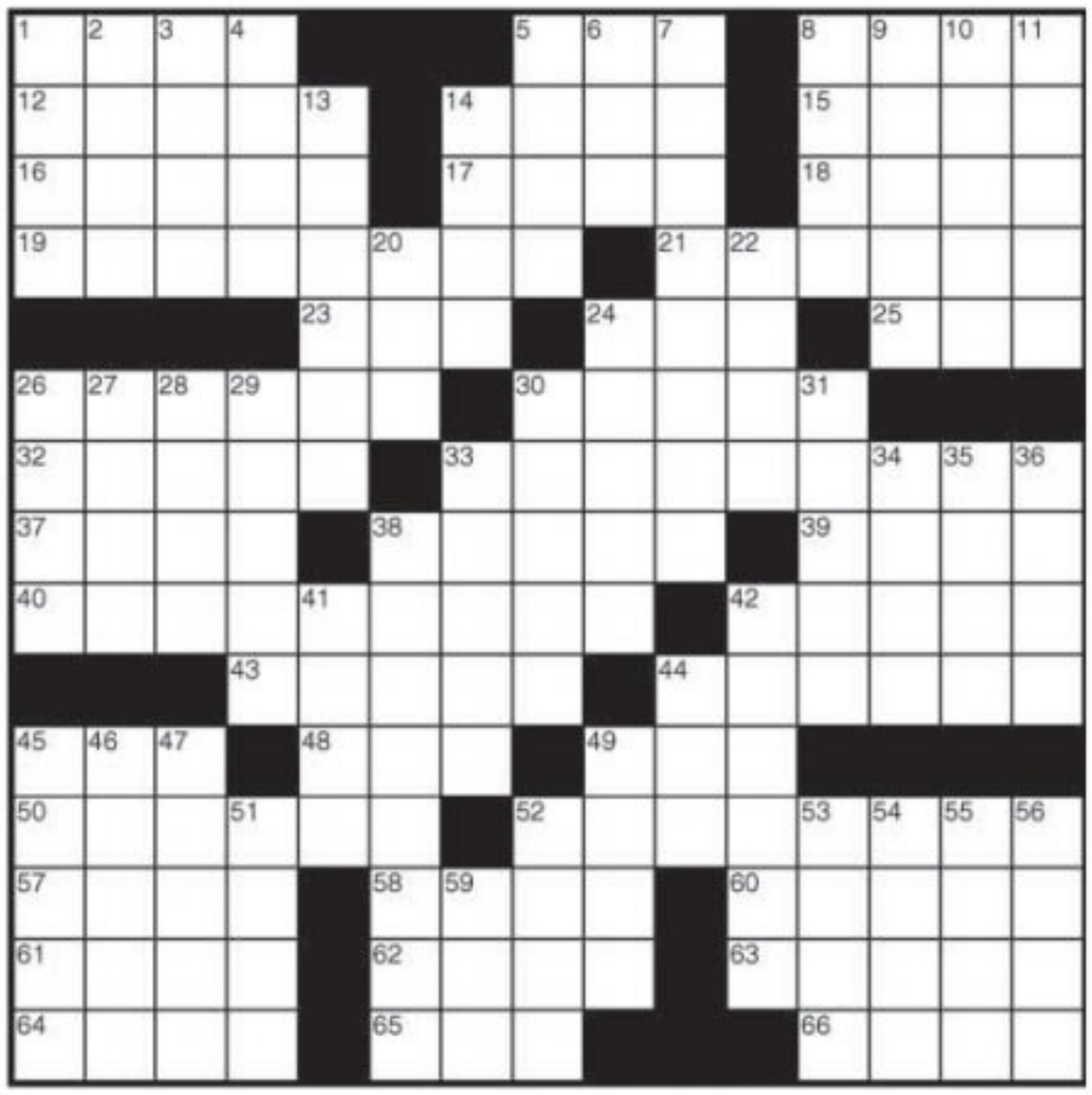

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3 SPORTS

Cooch returns

Ruiz re-signs with Phils

Don't throw out those No. 51 jerseys just yet. Carlos Ruiz will reportedly re-sign with the Phillies after all. The catcher spurned the Red Sox and Rockies to sign a three-year, $26 million deal Monday. The 34-year-old Ruiz has spent all eight of his seasons on the Phillies. He batted .268 last season and was suspended for PED use.

KELLY KNOWS HOW TO KEEP IT SIMPLE — AND WINS FOLLOW

In a season of spectacular plays and improbable turns, there is only one star on the Eagles this season — and he doesn't even wear a uniform. He is Chip Kelly, the college coach who is bringing winning football back to Philadelphia.

The Eagles won the most important game of Kelly's rookie season Sunday, 24-16, over Washington and moved into sole possession of first place in the NFC East. Read that again, slowly: First place. The Birds are over .500 now at 6-5, have won three straight and have finally broken their 10-game losing streak at Lincoln Financial Field.

Statistics show these Eagles are by far the most explosive team in the NFL, with 56 plays of 20 yards or more — 10 more than any other team. LeSean McCoy is the NFL's top rusher with 1,009 yards, and Nick Foles has the best quarterback rating in the league at 128.0. Those numbers are all a product of Kelly's offensive acumen.

Even more fascinating is the unique way the Eagles are achieving them. They almost never win the battle for time of possession, they give up 400 or more yards pretty much every game, they have not yet mastered the clock or officiating challenges and yet they are winning. How?

Nick Foles said he has total confidence in his head coach. Why wouldn't he with his stats? / GETTY IMAGES

It should be obvious by now. Kelly is having an extraordinary season, both in the way he strategizes games and in his mastery of personalities. Unlike the highly overrated Andy Reid era, the Eagles usually win the battle of the brains now. Just ask the Redskins' players.

Robert Griffin III said after the loss Sunday that the Eagles "seemed to know our plays beforehand," especially in the first three quarters, when the Redskins failed to score. Meanwhile, on offense, Kelly is maturing quickly as a play-caller, balancing a strong running game with a big-play aerial attack.

Everything is working well right now because Kelly is so quickly growing into his job as the Eagles coach. For example, listen to Foles talk about his coach. The young quarterback's blind faith in Kelly is extraordinary, especially since the coach refuses to hand Foles the starting job.

"I believe in Chip Kelly," Foles said on my WIP radio show last week. "Whatever he decides is fine with me. I trust him."

The secret of the new coach's success is not hard to define. Kelly keeps it simple. He never looks beyond the next game, and he never gets swept up in the hype surrounding his team. He also is secure enough to tell the truth, even when it makes him look more like Rich Kotite than Vince Lombardi.

After Brandon Boykin had secured the interception that won the game for the Eagles Sunday — thwarting a furious fourth-quarter Washington comeback — Kelly hugged the young defensive back on the sideline and whispered something in his ear. I asked the coach yesterday what he had said.

"Thanks for saving my ass," Kelly replied.

The Voice of Philly Sports

ANGELO CATALDI

Cataldi on Kelly

"Kelly is having an extraordinary season, both in the way he strategizes games and in his mastery of personalities."

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Cataldi. Amaro blows it signing Byrd to deal

When Marlon Byrd received a two-year, $16 million offer from Phillies GM Ruben Amaro Jr. last week, the veteran outfielder called it "amazing." Here are a few more adjectives he could have used: idiotic, irresponsible and insane. Amaro has done it again.

One of the reasons Byrd was amazed by Amaro's offer is this stunning fact: The outfielder, at 36, received a deal that nearly matched the combined salary of the previous 12 years of his mediocre career. Byrd made $700,000 last year, played for five teams in the past five years and was suspended in 2012 for steroids.

Need more? Byrd is the only major leaguer still consulting former BALCO chief Victor Conte, a convicted felon who did time for his involvement with performance-enhancing drugs. If Amaro didn't harbor concerns about Byrd — coming off a career year with 24 homers and 88 RBIs — then what exactly was he thinking?

The GM said he was relying on the Phillies' scouts, who detected a new approach at the plate and a new commitment to the game. Really? And these scouts have no worry Byrd will revert to his previous lackluster form after receiving the biggest payday of his career?

Amaro continues to prove to a dubious fan base he has no idea what he's doing. Over the past six years, he has taken a championship team and turned it into a 73-89 failure. And now he begins a crucial offseason by overpaying for Bryd. How much worse can it get?

Marlon Byrd had a rebirth last season with the Mets and Pirates, but he was suspended for PEDs the previous year. / GETTY IMAGES

Idle thoughts

Here's what else is eating at Angelo Cataldi this week:

- Sam Hinkie has made some impressive moves since taking over as Sixers GM, but his social skills are pathetic. Last week, in a rare public appearance, he snarled at a reporter who wanted to know why Kwame Brown was still on the team. "That's the most inappropriate question I've ever heard," Hinkie said. OK, here's a better one, Sam: Why are you so arrogant?
- The two most annoying people in football, Andy Reid and Donovan McNabb, joined forces for a vomitous interview last Thursday on Fox Sports Live, with the awkward quarterback asking the fawning questions. If television can survive that fiasco, it can survive anything.
- A foot injury has sidelined new Sixer Michael Carter-Williams indefinitely. Since the Sixers will benefit from losing as many games as possible, is it logical to assume they will be in no hurry to bring the stud rookie back? You can bet on it.

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"We're right there. We've just got to play the same way [at home] as we've played on the road. It would mean a lot if we wound up at .500 by the end of the week."

Flyers right wing Jake Voracek

Flyers' record a tad deceiving

NHL. The Flyers are poised to make a move in their new, jumbled division.

Brayden Schenn has 12 points so far this season. / GETTY IMAGES

Don't look now, but despite being in last place in the new Metropolitan Division, the Flyers are in the playoff hunt. That's what a five-point week on the road — with wins in Ottawa and Pittsburgh, followed by a frustrating shootout loss in Winnipeg — will do for a team in the log-jammed standings.

Even at 7-10-2, the Flyers are only nine points out of first, as they open a three-game homestand vs. Ottawa Tuesday (7 p.m., CSN). The playoffs are months away, but Philly is within four points of the Rangers, currently the last team in. While the Flyers recent turnaround is encouraging, the real reason they're still in the playoff conversation is thanks to the way the West has dominated the East. So far, the West posted an 81-39-15 mark against the East.

That's why despite all their early season struggles, the Flyers have plenty of time to recover, which really was never the case last season after the lockout. Not only were there fewer games to make up ground, but everything was played within conference. Now, with Western teams beating up on the East, nobody's really been able to put together much of a record. That's worked to the Flyers' benefit, though they need to do a better job on home ice than they have so far (3-7) to stay within striking distance.

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Reg. $160, after 1pm: 79.99. **New & only at Macy's.** Travel Select Bay Front. ★WebID 991355.

DOORBUSTER 29.99
12-PC. COOKWARE SETS
Reg. 119.99, after 1pm: 69.99. **Only at Macy's.** Stainless steel or aluminum nonstick by Tools of the Trade. Shown: ★WebID 707382.

DOORBUSTER 97.99
24-PC. BED ENSEMBLES
Reg. $400-$500, after 1pm: 149.99. **Only at Macy's.** Queen or king. Shown: Danya. ★WebID 1000905.

OR, USE THIS PASS AND TAKE AN EXTRA $10 OFF
TUES 'TIL 1PM OR WED 'TIL 1PM SAVINGS PASS DISCOUNT DOES NOT APPLY TO DOORBUSTERS.

TUES 'TIL 1PM OR WED 'TIL 1PM; CANNOT BE USED ON DOORBUSTERS OR DEALS OF THE DAY

★macy's WOW! $10 OFF

$10 OFF ALL SALE & CLEARANCE APPAREL AND SELECT HOME ITEMS!

YOUR PURCHASE OF $25 OR MORE.

VALID 11/19 'TIL 1PM OR 11/20/13 'TIL 1PM. LIMIT ONE PER CUSTOMER.

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Excludes: Everyday Values (EDV), specials, super buys, furniture, mattresses, floor coverings, rugs, electrics/electronics, cosmetics/fragrances, athletic shoes for him, her & kids, gift cards, jewelry trunk shows, previous purchases, special orders, selected licensed depts., special purchases, services. Exclusions may differ at macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. Dollar savings are allocated as discounts off each eligible item, as shown on receipt. When you return an item, you forfeit the savings allocated to that item. This coupon has no cash value & may not be redeemed for cash, used to purchase gift cards or applied as payment or credit to your account. Purchase must be $25 or more, exclusive of tax & delivery fees.

the magic of ★macy's.com

Macy's pass discount doesn't apply to doorbusters. Fine jewelry doorbusters are only at stores that carry fine jewelry. ➤ REG. & ORIG. PRICES ARE OFFERING PRICES AND SAVINGS MAY NOT BE BASED ON ACTUAL SALES. SOME ORIG. PRICES NOT IN EFFECT DURING THE PAST 90 DAYS. ONE DAY SALE PRICES IN EFFECT 11/19 & 11/20/13. MERCHANDISE WILL BE ON SALE AT THESE & OTHER SALE PRICES THROUGH 1/4/2014, EXCEPT AS NOTED. "Season's lowest price" refers to Macy's winter season from November 1-January 31, 2014. *Intermediate price reductions may have been taken.*Intermediate price reductions may have been taken. ‡All carat weights (ct. t.w.) are approximate; variance may be .05 carat. **May contain rose-cut diamonds. Jewelry photos may be enlarged or enhanced to show detail. Fine jewelry at select stores; log on to macys.com for locations. Almost all gemstones have been treated to enhance their beauty & require special care, log on to macys.com/gemstones or ask your sales professional. Doorbusters & clearance items are available while supplies last. Advertised merchandise may not be carried at your local Macy's & selection may vary by store. Prices & merchandise may differ at macys.com. Luggage shown carries mfrs' warranties; **to see a mfr's warranty at no charge before purchasing, visit a store or write to**: Macy's Warranty Dept., PO Box 1026, Maryland Heights, MO 63043, attn: Consumer Warranties. ★Enter the WebID in the search box at **MACYS.COM** to order. N3100036.

OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO $100, WITH MORE REWARDS TO COME. Macy's credit card is available subject to credit approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food & wine. The new account savings are limited to a total of $100; application must qualify for immediate approval to receive extra savings; employees not eligible.

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